



معهد الإمارات للصحة والسلامة
EMIRATES INSTITUTE
FOR HEALTH AND SAFETY

EIHS
Abu Dhabi

Training is not a goal

It is part of the solution to a sustained and improved performance

Heartsaver® CPR AED

FACT SHEET

Introduction

Heartsaver® CPR AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking in an adult. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

Who should attend this course?

This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements.

Heartsaver® CPR AED Course Features:

- Video-based course ensures consistency
- Instructor-led, hands-on class format reinforces skills proficiency
- Course is regularly updated

Heartsaver® CPR AED training program covers:

- ✿ Key changes reflecting new scientific updates from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- ✿ Adult CPR and AED use
- ✿ Optional modules in child CPR and AED use and infant CPR, including child and infant choking

Course format/ time

Course requires approximately 4 hours to complete, including skills practice and skills testing.

Classroom-based (instructor and video, with skills conducted throughout).

End of course & assessments:

During the course, an AHA Instructor conducts video-based lessons and works with students to complete their **CPR and AED** practice and testing.

Certification

Upon completion of this course, students receive an American Heart Association **Heartsaver® CPR AED** Course Completion Card that is valid for two years.

American Heart Association
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